

## Dill Rice Pilaf

4 servings

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Herbs, spices, citrus juice, and zest add fabulous flavor and color to food without adding salt, fat, or sugar.

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- 3 Tablespoons fresh dill, gently rubbed under cold running water, finely chopped
- ½ cup onion, scrubbed with clean vegetable brush under running water, chopped
- 2 Tablespoons vegetable oil
- 2 cups water
- 1 cup uncooked brown rice
- 1 teaspoon salt
- 1 Tablespoon lemon juice
- ¼ teaspoon black pepper

1. Wash hands with soap and water.
2. Rinse dill by gently moving around in a bowl of cool water. Pat dry with a paper towel, then finely chop.
3. Chop onion into small pieces.
4. Heat the vegetable oil in a medium sized pot. Sauté the chopped onion for about a minute.
5. Add 2 cups water, brown rice, salt, lemon juice, pepper and dill into the pot of sauteed onion and bring to a boil.
6. Lower heat so the rice mixture is simmering and cover pot with a lid. Cook rice according to the directions on the package.
7. Store leftovers in a sealed container in the refrigerator for up to four days.



### Notes:

*Substitute 1 Tablespoon of dried dill for the fresh dill.*

**Nutrition Information per Serving (1/4 of recipe):** Calories 260, Total Fat 8g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 590mg, Total Carbohydrates 42g, Fiber 3g, Total Sugars 1g, includes 0g Added Sugars, Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 4%.